

APPENDIX E

Examples of Foods that May be Eligible for Carbohydrate Claims

1. Examples of foods that may be eligible for “carbohydrate free” claim:

- Egg, whole, raw, fresh (per RACC of 50 g):
Total carbohydrate: 0.39 g
Total dietary fiber: 0.00 g
- Fish, cod, Atlantic, raw (per RACC of 85 g):
Total carbohydrate: 0.00 g
Total dietary fiber: 0.00 g

2. Examples of foods that may be eligible for “low carbohydrate” claim:

- Carrots, raw (per RACC of 85 g):
Total carbohydrate: 8.14 g
Total dietary fiber: 2.50 g
- Squash, summer, all varieties, raw (per RACC of 85 g):
Total carbohydrate: 2.85 g
Total dietary fiber: 0.90 g
- Salad dressing, Italian, commercial, regular (per 50 g):
Total carbohydrate: 5.21 g
Total dietary fiber: 0.00 g
- Cottage cheese, low fat (per RACC of 110 g):
Total carbohydrate: 2.99 g
Total dietary fiber: 0.00 g
- Nuts, walnuts, English (per 50 g):
Total carbohydrate: 6.86 g
Total dietary fiber: 3.40 g